



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Nolte, Dietmar

Club: LT Elsen-Wewer
Number: 221

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:17:07

Speed: 11.38 km/h
Running performance: 5:14 min/km

Rank in course/Total: 72 (of 456)

Rank in course/Men: 68 (of 399)

Best time in course: 1:39:03

Rank in category: 5(of 63)

Best time in the category: 2:02:34

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:23	5:16	11	2:35	106	4:52	3.30	17:23	5:16	38		69	4:48
Schlüsie	3.10	18:06	5:50	13	1:45	81	4:44	6.40	35:29	5:32	38		69	9:29
Hermannsklippe	2.60	16:32	6:21	14	2:15	95	4:59	9.00	52:01	5:46	38		69	14:21
Brocken	3.10	27:24	8:50	9	4:29	95	9:23	12.10	1:19:25	6:33	38		69	23:21
Eiserner Handwe	3.60	15:54	4:25	4	1:11	52	3:51	15.70	1:35:19	6:04	38		69	27:09
Schlüsie	4.10	14:53	3:37	4	1:09	38	3:55	19.80	1:50:12	5:33	38		69	31:04
Loddenke	3.10	12:30	4:01	3	0:45	35	3:06	22.90	2:02:42	5:21	38		69	34:10
Ilseburg/Markt	3.30	14:25	4:22	10	1:17	63	3:54	26.20	2:17:07	5:14	5	14:33	68	38:04